

PADDINGTON CLINIC NEWSLETTER

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better health naturally

Welcome to our Spring 2008 newsletter!

This is the time of year when people with "cold" constitutions start to come alive. It is a beautiful time of year with warm days but not the stifling heat. At times though it is a difficult season for those with allergies or immune systems that aren't strong enough to move from the winter months into a virus-free spring. It is important to support your immune system at all times. This can include trying to lower your stress levels, eating foods that agree with your body, exercising and taking herbs and supplements to boost your immunity. Acupuncture, massage and FSM can also have great effects in this way and I'm sure many of you have experienced this.



I have mentioned in other newsletters that we are all dedicated to constantly updating our skills and knowledge. Many weekends and evenings are spent in this way by our practitioners who want to be aware of all the latest information in their fields.

In the past 6 weeks Sue Lester has completed her Masters Certification in NLP and Hypnosis. Rachel, Pete, Joel and myself (Mary), have attended a four-day seminar with three of the most senior teachers from Japan to update our skills in Toyohari style acupuncture.

Deb and Rachel took part in a seminar about fertility and a new range of products that we are now using in the clinic. Sue Fittell and myself attended an advanced training seminar on Frequent Specific Microcurrent (FSM). Sue is also continuing her study in acupuncture.



As you can see we are all very proactive in following our passion. We want the best in our work and our intention is to bring you the best too!

Finally I would like to remind you that Joel and Rachel have recently started practicing Constitutional Facial Acupuncture Renewal. This is a unique treatment which combines acupuncture with beauty therapy to restore the face. Clients who are undergoing courses of treatment are very happy with the results so far!

Did you Know?

We would also like to remind you that we have a fee for missed appointments.

If you are unable to keep an appointment please ring with at least 6 hours notice as there are often people on our waiting list.

If you cancel without giving 6 hours notice we will charge a fee of \$35.00 for normal consultations and \$50.00 for long consultations. The practitioner's time is a valuable asset and we hope that you understand that this policy is designed to maximize their time



The Benefits of an Emotion Detox

We know detoxifying our body is good for us, but unfortunately "detox" conjures up images of weeks of self-sacrifice. Fortunately an Emotion Detox can be achieved in hours not weeks. Even better, it doesn't involve re-living any pain or trauma if done using NLP (Neuro Linguistic Programming) and Hypnosis. An Emotion Detox is fast, painless and with long lasting results, which leaves you feeling lighter, calmer and more in control.



Emotions are signs or lessons from our unconscious. They let us know what is good for us (positive emotions like love, contentment, joy) and what is not (anger, fear, hurt, sadness and guilt). We learn what to continue and what to stop or who to avoid. If the lessons aren't learnt, they are repeated for as long as necessary. It has been said that when Life wants to teach you a lesson, it taps you on the shoulder. If you ignore it, it throws a brick at your head. If you ignore that, you'd better watch out for the speeding truck!

Negative emotions which aren't released through learning our lessons can build up over the years turning toxic at a cellular level. Instead of feeling an amount of the emotion, e.g. anger or sadness, appropriate to the occasion we feel that small amount on top of the backlog of previous experiences. We find ourselves over-reacting (e.g. Road Rage), being super-sensitive (e.g. teary, irritable), and unable to nurture ourselves or those around us.

This Stress, our dis-ease of the mind, can lead to disease in our bodies. By doing an Emotion Detox you can enable your body to start to function unhindered, allowing natural healing processes. You can expect to notice you are calmer, more tolerant and more easily able to cope with day to day life. The sense of heaviness will have lifted. Problems shrink into perspective. Women conceiving, particularly if on IVF, or pregnant, will benefit greatly from releasing the build up of Anger, Sadness, Fear and Guilt.

In these dynamic practical workshops you will be guided to clear toxic emotions safely and easily, without re-living any traumatic experiences. The next Emotion Detox Workshops in Brisbane are in October.

For more information call Sue Lester on 0428 128679 or visit her website www.growingcontent.com.au Places are strictly limited to 10 participants. An Emotion Detox can be done in individual consultations, or, in the Emotion Detox workshops.

Acupuncture aids Depression

New research has found a marked improvement in a group of people with medicated depression who were treated with acupuncture for two months.

The study was conducted by the College of Traditional Chinese Medicine at the University of Technology in Sydney. Researcher Kirk Wilson said "what we've managed to show is that acupuncture can be a powerful aid to use alongside anti-depressants to help these people. That's very exciting for a condition that is potentially very debilitating".



The researchers enlisted a group of 40 people with severe depression and allocated half to have 12 acupuncture treatments over 8 weeks. All were taking a standard anti-depressant. Results showed that the average depression score among the group treated with acupuncture dropped from 30 points pre-treatment, a severe rating, to 16 post-treatment, a mild rating. Those in the non-treatment group remained static at 30 points.

If you would like to know more about acupuncture as a form of treatment for depression please ask your practitioner. Alternatively you can email the clinic via our website.

FSM (Frequency Specific Microcurrent)

FSM is a clinically proven, fast, safe and non-invasive treatment that applies a small electric current to your body at a number of different frequencies.

Each of these frequencies has a specific therapeutic effect which means that FSM can be used to treat the pain and discomfort caused by many conditions including injuries, allergies, digestive problems, oedema and fatigue. We are offering a 25% discount on FSM for the first 20 people who book and pay for four consecutive weekly treatments saving you \$90.00!

Infertility and East Asian Medicine

Infertility affects many men and women and is increasing at a rapid rate. Since ancient times gynaecology has been a specialist area in East Asian medicine and therefore many insights and treatments have been developed to correct these problems.

Eastern medicine looks at the body in different ways to Western medicine. Rather than being focused on poor sperm quality, viability or count or a thin uterine wall and/or lack of mucus we are concerned with the presence or absence of energy in the lower abdomen and back. However sperm tests, hormonal levels, ultrasounds etc are valuable and give further insights into where treatments may be best focused. This may seem a strange approach but there are many cases of infertility which are unexplained with no medical or other reason being found. Energy in East Asian medicine equates to warmth. Increasing the energy in these areas increases the available warmth and therefore blood to the areas concerned, namely the uterus, ovaries and testes, which in turn produces a healthy uterine lining and improved vitality to the sperm.



From an acupuncture point of view a cold feeling on touch in the lower abdomen or lower back and/or pain in the lower back are indicative of lack of energy in those areas. This needs to be corrected. Lower back pain has been linked to erectile dysfunction and low sperm count! Acupuncture plays a primary role in both male and female infertility and should be considered before more invasive procedures such as IVF.

Our clinic specialises in this area. If you, or anyone you know, are having difficulties in this area please ask one of our practitioners.

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